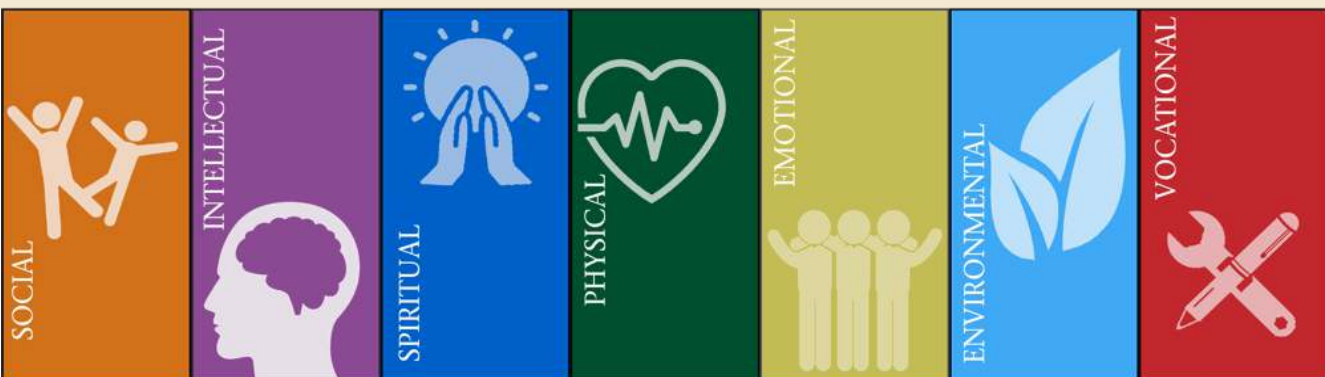


Focus on Wellness

We are finally seeing the beautiful signs of Spring and that means getting outside and enjoying the warming weather. Spending time in natural environments can improve your physical and mental health. Some ways we can enjoy these benefits:

- Walking in nature could improve your short-term memory
- Being outdoors has a destressing effect
- Spending time outdoors reduces inflammation & helps eliminate fatigue
- Outdoor experiences may help fight depression and anxiety
- Spending time outside lowers blood pressure

Please enjoy all of our outdoor walking paths and activities. Check your calendar for spring outings!



*Dimensions
of Wellness*

Resident Birthdays

June

Lynn Korn
George Brown
John Sinisi
Mary D'Allessandro
Mary Flanagan
Patrick Dowd



Providence Place SENIOR LIVING News

Q2: June 2022

A Note from the Executive Director

It is officially Spring, or is it Summer? I don't know based on the warm weather recently, but is certainly nice to see our residents inspired to be outside enjoying themselves during our "Walking Warriors" program!

There are many nice events going on a Providence Place during this time of year. I hope everyone takes the time to try them out. Please check our community calendar for all upcoming events. Many residents are taking the opportunity to go out with family – we do ask that residents sign out at the reception desk and inform staff when they return.

The staff of Providence Place continue to be committed to supporting our residents in leading interesting and satisfying lives. We will work with our residents and families to ensure everyone's experience at Providence Place is meaningful. If there is anything more we can do to serve you or your loved one, please let us know. I am always available for comments, ideas, and concerns.

Our sincere wishes to you all,

Tracy Mason

Executive Director

Highlighted Events

- 6 – **Pet Pal Visit with Chloe**
@ 10:30am - *Connections Club*
- 12 – **Popcorn & a Movie** @ 1pm
- 14 – **Outing to Island Park & Kite Flying** @ 1:30pm - *Connections*
- 15 – **Summer Concert Series:**
M&J Band @ 7pm
- 18 – **Entertainment by John Cosentini** @ 3pm – *Connections Club*
- 19 – **Dads & Donuts** @ 10am
Dad's Western Hootenanny @ 2pm
- 22 – **Fireside Chat with Tracy**
@ 2pm
- 28 – **PP Wishes: Jean Kabana** @ 2pm
- 28 – **Heisler's Dairy Outing**
@ 1:30pm - *Connections*

Welcome New Residents

Adele L.
George B.
Elene W.
Ruth B.



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at www.Facebook.com/ProvPlace.

To sign up to receive this quarterly newsletter and monthly events calendar via email, please contact us to subscribe at ProvidenceRetirement@gmail.com.

www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
THE <i>Club</i>		Calendar Key: (L)-Lobby (P)-Pub, 1st Floor (A)-Activity Room, 2nd Floor (CN)-Connections, Terrace Lvl (C)-Chapel, 3rd Floor (OOB)- Out of Building	1 9:00 Breakfast Club with Missy (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Creative Arts & Word Searches (A) 10:30 Lite and Lively Exercise (P) 11:00 Refreshments (P) 11:15 Finish the Phrase (P) 1:00 Festival of Pentecost Video (P) 1:30 Countryside Ride (OOB) 3:00 Belmont Stakes Social Hour (P) 4:00 Belmont Stakes Racing Trivia (P)	2 9:00 Creative Arts & Word Searches (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Name That American Land (CN) 10:30 Hospitality Club (CN) 11:00 Walk for Health (CN) 1:00 Open Request Sing Along (P) 1:30 Garden Club:Pruning Outside Plants(L) 2:30 Fuzion Fitness (A) 3:00 Craft Corner: Dry Eraser Memo Board (A)	3 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 This is my Life w/ Chaplin David (C) 10:30 What Sense is it? Game (C) 11:15 Walk for Health (C) 1:00 Toe Tapping Polkas (P) 1:30 Zumba with Michele (P) 2:15 Fresh Air Walk (P) 2:45 Refreshments (P) 3:00 Communion Service (C)	4 9:00 Creative Arts & Word Searches (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Weekly Devotions (A) 10:30 Sip and Snack (A) 10:45 Chair Exercise (A) 1:00 Fresh Air Walk (A) 1:30 Appreciation Project: PP Nursing (A) 2:00 Spring Bingo (A) 3:00 Vagabond Travelers: Guernsey (P) 4:00 Helping Hands: Clean Up (P)		
		5 Pentecost 9:00 Praise Songs & Fellowship (A) 10:00 Live Stream Worship: New Awakening Church (P) 10:30 Bible Study: Pentecost (P) 11:00 Chair Exercise (P) 11:30 Cool Down and Refreshments (P) 1:00 Popcorn & Movie (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	6 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Pet Pal Visit with Chloe (CN) 11:15 Heart Healthy Walk (CN) 1:00 Netflix: Our Plant (P) 1:30 Bake Club: Berry Protein Bites (A) 2:30 Beach Vibe Exercise (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	7 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:00 Most Beautiful Birds in the World (P) 1:30 Multi Media: Birds of a Feather (A) 2:30 Recognizing Self:Company we Keep 3:00 Stress Busting Exercise (A) 3:30 Hand Messages and Manicures (A) 4:00 Meditation and Relaxation (A)	8 9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Name 5 Ocean Theme (P) 10:30 Worship Service: Pastor Reading (C) 1:00 Amazing Aquatic Life (P) 1:30 Countryside Ride (OOB) 3:00 Oceanic Social Hour (P) 4:00 Zumba Gold (P)	9 9:00 Creative Arts & Word Searches (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Joggin' Your Noggin' (CN) 10:30 Hospitality Club (CN) 11:00 Walk for Health (CN) 1:00 Importance of Pollinators (P) 1:30 Garden Club: Outside Gardens (L) 2:30 Brain Games: Word Play (P) 3:00 Hallway Bowling (P) 4:00 Modern Trade's Southern Gospel (P)	10 9:00 Creative Arts & Word Games (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 This is my Life w/ Chaplin David (C) 10:30 Phases and Proverbs (C) 11:15 Walk for Health (C) 1:00 Laugh Challenge: Animal Videos (P) 1:30 Zumba with Michele (P) 2:15 Hymn Sing Along (P) 3:00 Mass & Confessions with Father Kevin 4:00 One on One with Chaplain David (C)	11 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Baking Club: Grapefruit Bars (A) 11:00 Walk it Off (A) 1:00 Fresh Air Walk (L) 1:30 Humanitarian Project: SPCA (A) 2:00 DIY Cat Puzzles (A) 2:30 Mindful Exercises (A) 2:45 Expressive Reading & Writing (A) 3:30 Gospel Music from around the World
		12 9:00 Praise Songs & Fellowship (P) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study: Solider for Christ (P) 11:00 Fuzion Fitness (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	13 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Staff Engagement:Ann Juggling(CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:00 Netflix: Our Plant (P) 1:30 Chair Yoga (A) 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	14 Flag Day 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Patriotic Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:00 History of Flag Day Documentary (P) 1:30 Craft: Red, White & Blue Lanterns (A) 2:30 Recognizing Self: Goals &Ambition (A) 3:00 Stress Busting Exercise (A) 3:30 Hand Messages and Manicures (A) 4:00 Meditation and Relaxation (A)	15 9:00 Breakfast Club with Missy (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Joggin my Noggin (P) 10:30 Lite and Lively Warm Up (P) 11:00 Country Line Dancing Chair Exercise 1:00 Faith Study (P) 1:30 Countryside Ride (OOB) 3:00 Auto Racing Social Hour (P) 4:00 Nascar Racing Trivia (P) 7:00 Summer Concert: M&J Band (FP)	16 9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Noodle Volleyball (CN) 10:30 Hospitality Club (CN) 11:00 Walk for Health (CN) 1:00 Guess the Famous Landmarks Quiz(P) 1:30 Open Request Sing Along (P) 2:00 Drumming with Joe (P) 3:00 Garden Club: Outside Gardens (P) 4:00 Conversations on the Patio (Patio)	17 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 This is my Life w/ Chaplin David (C) 10:30 What Scene is it? Game (C) 11:15 Walk for Health (C) 1:00 Fresh Air Stretch (L) 1:30 Zumba with Michele (P) 2:15 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	18 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Weekly Devotions (A) 10:30 Sip and Snack (A) 10:45 Chair Exercise (A) 1:00 Dry Bar Comedy (P) 1:30 Bingo (P) 2:00 Finish my Line (P) 3:00 Entertainment by John Cosentini (P) 4:00 Helping Hands: Clean Up (P)
		19 Father's Day 9:00 Praise Songs & Fellowship (P) 10:00 Live Stream Worship; New Awakening Church (P) 10:30 Bible Study (P) 11:00 Chair Exercise (P) 1:00 Manicures and Hand Message (P) 2:00 Dads & Dudes Western Hootenanny (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	20 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:00 Netflix: Our Plant (P) 1:30 Bake Club: PB & J Oat Cookies (A) 2:30 Helping Hands: Clean Up (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	21 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:00 Underwater Exploration Video (P) 1:30 Craft: Footprints in the Sand (A) 2:30 Recognizing Self: Lean on Me (A) 3:00 Stress Busting Exercise (A) 3:30 Hand Messages and Manicures (A) 4:00 Brain Games: Word Pair Play (A)	22 9:00 Breakfast Club with Missy (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Joggin my Noggin (A) 10:30 Worship Service: Pastor Reading (C) 1:00 Funny Videos (P) 1:30 Countryside Ride (OOB) 3:00 Trans-America Social (A) 4:00 Zumba Gold (P)	23 9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Finish the Phrase (P) 10:30 Drum Stick Exercise (P) 11:00 Positive Vibe Meditation (P) 1:00 Craft: DIY Garden Mushrooms (A) 2:00 Birthday Celebration: Entertainment by Vic Boris (CN) 3:00 Garden Club: Outside Gardening (L) 4:00 Faith Penny Stones (P)	24 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 This is my Life w/ Chaplin David (C) 10:30 Phases and Proverbs (C) 11:15 Walk for Health (C) 1:00 Fresh Air Stretch (L) 1:30 Zumba with Michele (P) 2:15 Hymn Sing Along (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	25 9:00 Humanity Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Baking Club: Zucchini Choc. Cake(A) 11:00 Walk it Off (A) 1:00 Fresh Air Stretch (L) 1:30 Brain Games: Testing our Senses (L) 2:00 Mindful Exercises (A) 2:30 Cool Down and Rehydrate (A) 2:45 Expressive Reading & Writing (A) 3:30 Jubilee: Juneteenth (A)
		26 9:00 Praise Songs & Fellowship (P) 9:30 Live Stream Worship; Trinity Lutheran Church (P) 10:30 Bible Study: Abraham (P) 11:00 Fuzion Fitness (P) 1:00 Popcorn & Movie (P) 2:00 Manicures and Hand Message (P) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	27 9:00 Search a Word & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Memory Magic (CN) 10:30 Hospitality Club (CN) 11:15 Heart Healthy Walk (CN) 1:00 Netflix: Our Plant (P) 1:30 Balloon Volley Ball (A) 2:30 Hymn Sing Along (A) 3:00 Communion Service (C) 4:00 One on One with Chaplain David (C)	28 9:00 Creative Arts & Inspirations (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Traveling Tunes on Terrace (CN) 11:15 Joyfully Walking (CN) 1:00 Cirque du Soleil: TORUK The First Flight, Dralion, Amaluna (P) 2:00 Resident Wish Celebration (P) 3:00 Stress Busting Exercise (A) 3:30 BYU Noteworthy Choir (A) 4:00 Faith Penny Stones (A)	29 9:00 Breakfast Club with Missy (A) 9:30 Am. Meeting & Daily Prayers (A) 10:00 Name 5 Summer Theme (A) 10:30 Lite and Lively Warm up (P) 11:00 Motown Edition Exercise (P) 1:00 Highway to Heaven Show (P) 1:30 Countryside Ride (OOB) 3:15 Welcoming Social Hour (P) 4:00 Rosary Prayer (P)	30 9:00 Word Search & Inspirations (P) 9:30 Am. Meeting & Daily Prayers (P) 10:00 Potentially Hazardous Asteroids (CN) 10:30 Hospitality Club (CN) 11:00 Walk for Health (CN) 1:00 The World's most Beautiful Beaches(P) 1:30 Garden Club: Harvest (P) 2:30 Mad Hatter Tea Social (P) 3:30 Finish the Lyrics (P) 4:00 Everyday with Jesus Devotion (P)	<h1>June 2022</h1>	